

10 Tips for Family Caregivers

Caregiving is a job and respite is your earned right. Reward yourself with respite breaks often.

Watch out for signs of depression, and don't delay in getting help when you need it.

When people offer to help, accept the offer and suggest specific things that they can do.

Educate yourself about your loved one's condition and how to talk effectively with doctors.

There's a difference between caring and doing. Be open to technologies and ideas that promote your loved one's independence.

Trust your instincts. Most of the time they'll lead you in the right direction.

Caregivers often do a lot of lifting, pushing, and pulling. Be good to your back.

Grieve for your losses, and then allow yourself to dream new dreams.

Seek support from other caregivers. There is great strength in knowing you are not alone.

Stand up for your rights as a caregiver and a citizen.

Source:

National Family Caregiver's Association

Telephone Resources

Alzheimer's Association
24/7 Helpline
1-800-272-3900

Elder Benefit Specialist
920-674-8135

Disability Benefit Specialist
920-674-8158

Senior Dining &
Home Delivered Meals
920-674-8134

Transportation
920-674-8104

ADRC
Phone: 920-674-8734
Toll-free: 1-800-740-2372

Email: adrc@jeffersoncountywi.gov

Come Visit us on the Web!

www.adrc@jeffersoncountywi.gov

OR

<http://jeffersoncountiadrc.assistguide.net/>



Aging & Disability
Resource Center
1541 Annex Road
Jefferson, WI

Family Caregiver Support & Services



Our mission:

To serve and support
caregivers by connecting
them to resources that help
them provide compassion-
ate, dignified care to their
loved ones

Providing Services & Support to Caregivers

Advocacy

Benefit Check-ups

Counseling & Support Groups

Family Care Assessments

Home Delivered Meals

Information & Assistance

Medication Management

Nutritional Counseling

Options Counseling

Transportation

Support Programs

The National Family Caregiver Support and Alzheimer's Family Caregiver Support Programs helps maintain and improve the abilities of caregivers by helping to coordinate formal and informal services.

The intent is to assist caregivers through information, assistance and support programs. Priority is given to caregivers of people who have been diagnosed with Alzheimer's

Disease or other dementia and family caregivers who are older adults caring for people, including children with severe disabilities.

The programs provides funding *on a limited basis* for supplemental services and/or respite care.

- Adult day care
- Assistive technologies
- Counseling
- Emergency Response Systems
- Incontinence Supplies
- Personal Care
- Respite Care
- Supportive home care
- Transportation

To learn more about supports & services available to caregivers, please contact the Aging & Disability Resource Center. Someone is available to take your call between the hours of 8 a.m.—4:30 p.m. Monday-Friday.

Support Groups

Alzheimer's or other Dementia

Reflections Adult Day Care

511 Madison Avenue

Fort Atkinson, WI 53538

3rd Monday

6:30 pm—8:00 pm

Hearthstone/Fairhaven

426 W. North Street

Whitewater, WI 53190

1st Thursday

1:30 pm

Golden Living Center

121 Hospital Drive

Watertown, WI 53094

3rd Wednesday

4:30 pm—5:30 pm

One-on-One Consultations

The ADRC offers caregiver's support via person-to-person through care consultations. To schedule a consultation, please call:

920-674-8734

or

1-866-740-2372